

Mood Questionnaire (NHS Choices, 2012)

Mood self-assessment

1. How often have you been bothered by having little interest or pleasure in doing things?

- a) Not at all (0 points)
- b) Several days (1 points)
- c) More than half the days (2 points)
- d) Nearly every day (3 points)

2. How often have you been bothered by feeling down, depressed or hopeless?

- a) Not at all (0 points)
- b) Several days (1 points)
- c) More than half the days (2 points)
- d) Nearly every day (3 points)

3. How often have you been bothered by trouble falling or staying asleep, or sleeping too much?

- a) Not at all (0 points)
- b) Several days (1 points)
- c) More than half the days (2 points)
- d) Nearly every day (3 points)

4. How often have you been bothered by feeling tired or having little energy?

- a) Not at all (0 points)
- b) Several days (1 points)
- c) More than half the days (2 points)
- d) Nearly every day (3 points)

5. How often have you been bothered by poor appetite or overeating?

- a) Not at all (0 points)
- b) Several days (1 points)
- c) More than half the days (2 points)
- d) Nearly every day (3 points)

6. How often have you been bothered by feeling bad about yourself, or that you are a failure, or have let yourself or your family down?

- a) Not at all (0 points)
- b) Several days (1 points)
- c) More than half the days (2 points)
- d) Nearly every day (3 points)

7. How often have you been bothered by trouble concentrating on things, such as reading the newspaper or watching television?

- a) Not at all (0 points)
- b) Several days (1 points)
- c) More than half the days (2 points)
- d) Nearly every day (3 points)

8. How often have you been bothered by moving or speaking so slowly that other people could have noticed - or the opposite - being so fidgety or restless that you have been moving around a lot more than usual?

- a) Not at all (0 points)
- b) Several days (1 points)
- c) More than half the days (2 points)
- d) Nearly every day (3 points)

9. Have you had an anxiety attack (suddenly feeling fear or panic)?

- a) Yes
- b) No

10. How often have you been bothered by feeling nervous, anxious or on edge?

- a) Not at all (0 points)
- b) Several days (1 points)
- c) More than half the days (2 points)
- d) Nearly every day (3 points)

11. How often have you been bothered by not being able to stop or control worrying?

- a) Not at all (0 points)
- b) Several days (1 points)
- c) More than half the days (2 points)
- d) Nearly every day (3 points)

12. How often have you been bothered by worrying too much about different things?

- a) Not at all (0 points)
- b) Several days (1 points)
- c) More than half the days (2 points)
- d) Nearly every day (3 points)

13. How often have you been bothered by trouble relaxing?

- a) Not at all (0 points)
- b) Several days (1 points)

- c) More than half the days (2 points)
- d) Nearly every day (3 points)

14. How often have you been bothered by being so restless that it is hard to sit still?

- a) Not at all (0 points)
- b) Several days (1 points)
- c) More than half the days (2 points)
- d) Nearly every day (3 points)

15. How often have you been bothered by becoming easily annoyed or irritable?

- a) Not at all (0 points)
- b) Several days (1 points)
- c) More than half the days (2 points)
- d) Nearly every day (3 points)

16. How often have you been bothered by feeling afraid as if something awful might happen?

- a) Not at all (0 points)
- b) Several days (1 points)
- c) More than half the days (2 points)
- d) Nearly every day (3 points)

RESULTS

*Scores are based on the responses given and indicate depressive symptom severity and anxiety symptom severity. Scoring is as follows: Not at all = 0, Several days = 1, More than half the days = 2, Nearly every day = 3.

Results for Q1-8

0-9: Based on your responses to questions 1-8, you aren't experiencing many of the symptoms seen in depression. However, if you have any concerns about your health or mood, please call NHS Direct on 0845 4647 or arrange to speak to your GP.

10-18: Based on your responses to questions 1-8, you are experiencing some symptoms seen in depression but only an experienced health professional can tell for sure. You should make an appointment to see your GP for a review or call NHS Direct on 0845 4647. Both can help you and assess whether you might benefit from extra support or treatment.

19-24: Based on your responses to questions 1-8, you are experiencing many symptoms seen in depression but only an experienced health professional can tell for sure. You should make an appointment to see your GP over the next few days to a week, or call NHS Direct on 0845 4647. They can help you and offer some form of treatment.

RESULTS FOR QUESTIONS 10-16

0: Based on your responses to questions 10-16, you are not experiencing many of the symptoms of anxiety. Anxiety levels can fluctuate so come back and retake the test if you're feeling differently.

1-5: Based on your responses to questions 10-16, you are experiencing some symptoms seen in anxiety. Feeling anxious or worried from time to time is perfectly normal. However, if you begin to have trouble controlling your anxiety it could be time to take action. See useful links for more information.

6-10: Based on your responses to questions 10-16, you are experiencing some symptoms seen in anxiety. Feeling anxious or worried from time to time is perfectly normal but if it's starting to affect your daily life, it's time to take action. Consider seeing your GP if you feel this is affecting your life.

11-21: Based on your responses to questions 10-16, you are experiencing many symptoms seen in anxiety. This is probably having a big impact on your daily life and you may also be experiencing physical symptoms. Make an appointment with your GP to discuss how you're feeling. There are talking therapies that can help.